

IN THE SPECIFICATION:

Amend the Abstract as follows:

A molding method is provided which can ~~further~~ improve transferability and ~~further~~ reduce strain and which is suitable for molding of a product with high accuracy and high quality. ~~The molding method in which a~~ A resin material is filled into a cavity ~~formed~~ in a mold and pressurized to mold a product in a predetermined shape, ~~and the method comprises: preparing the~~ . ~~The mold having~~ is prepared using a product cavity to mold the product made of a resin, ~~a~~ . A dummy cavity is used to mold a dummy product, and a runner ~~by which~~ connects the product cavity and the dummy cavity ~~are connected; filling the~~ . The resin material is filled into the product cavity ~~and thereby~~ supplying the resin material to at least part of the dummy cavity; and ~~applying ultrasonic vibration is applied~~ to the resin material in the dummy cavity at predetermined timing.